

# Maximize Freshness – Tips for Storing Produce



Ever wonder how to properly store produce? Or maybe you're tired of your fresh fruits and vegetables going bad before you have the chance to eat them. We are here to help with our produce storage tips.

## COUNTERTOP

Melons 7 to 10 days

Peaches 1 to 3 days

Tomatoes 5 to 7 days

*temperature*

*Pro Tip – Lay stem down, room*

## PANTRY

Garlic 3 to 5 months

Onions 2 to 3 months

Potatoes 3 to 5 weeks

Sweet Potatoes 1 to 2 weeks

Winter Squash 4 weeks

*Pro Tip – Store with apples*

## REFRIGERATOR

Apples	4 to 8 weeks	
Asparagus	3 to 4 days	<i>Pro Tip – Store upright with water</i>
Beans	7 days	
Bell peppers	1 to 2 weeks	
Berries	1 to 2 weeks	
Broccoli	1 to 2 weeks	
Carrots	3 to 4 weeks	<i>Pro Tip – Add water</i>
Cherries	5 to 10 days	
Cucumbers	7 days	
Grapes	1 to 2 weeks	
Lettuce	7 to 10 days	<i>Pro Tip – Store with a paper towel or add a little salt</i>
Tomatoes	1 to 2 weeks	
Zucchini	1 to 2 weeks	

## **FREEZER**

Broccoli	9 to 12 months	<i>Pro Tip – Cut and wash before freezing</i>
Carrots	7 to 9 months	
Grapes	10 to 12 months	
Tomatoes	2 to 3 months	<i>Ripe (washed and used only for cooking)</i>